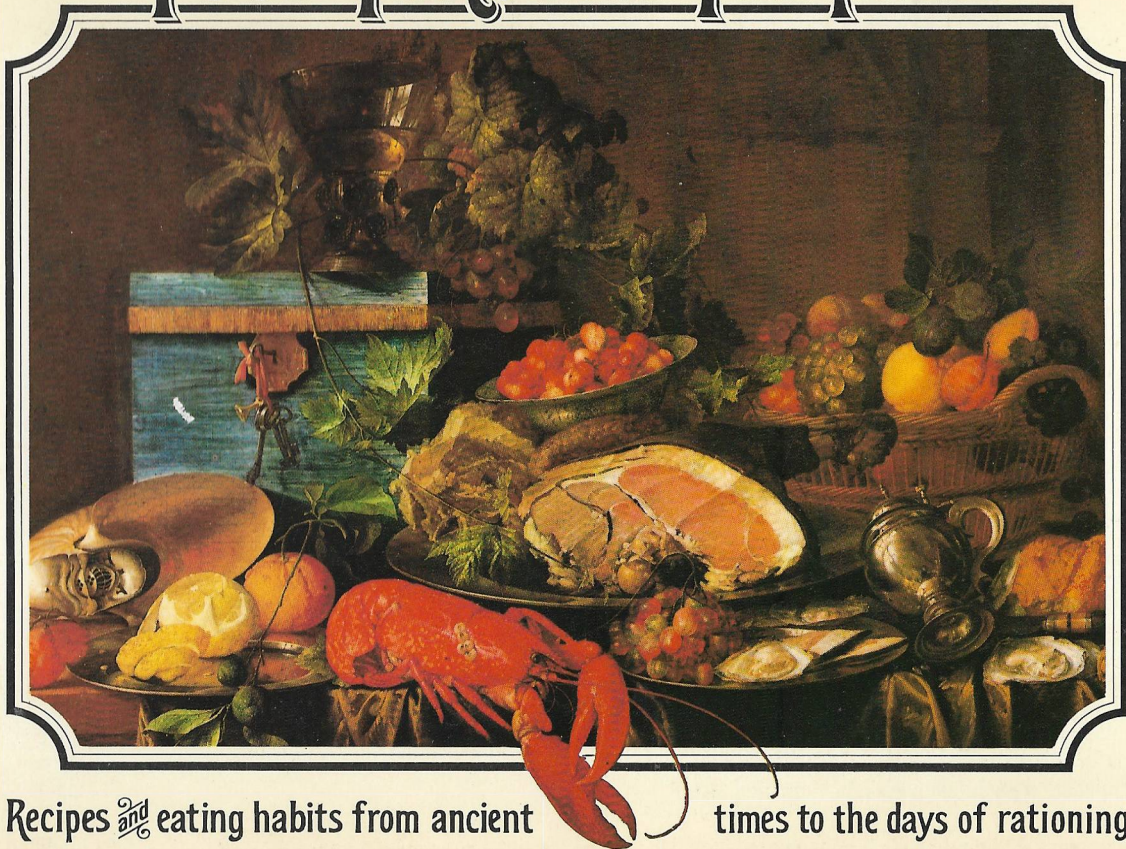


FOOD THROUGH THE AGES



Recipes *and* eating habits from ancient

times to the days of rationing

30p

On the front cover:

"Still Life With Lobster", by de Heem (1606-c. 1684).

FOOD THROUGH THE AGES

Recipes *and* eating habits from ancient times to the days of rationing

——
BY SHEENA DAVIS

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PUBLISHED BY THE READER'S DIGEST ASSOCIATION
LONDON NEW YORK MONTREAL SYDNEY CAPE TOWN

Food Through The Ages
was edited and designed by
The Reader's Digest Association Limited, London

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The Reader's Digest Association Limited,
25 Berkeley Square,
London W1X 6AB

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Printed in Great Britain by
Loxley Brothers, Sheffield, Yorkshire

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THE STORY OF FOOD

WHAT PEOPLE EAT, and how they cook it, are subjects that go far beyond the realm of the kitchen. Man's first major culinary invention, the discovery of fire, came half a million years ago, and one of its direct effects was to change even his physical appearance. For meat and the seeds of grasses were softened by cooking, so that our forebears no longer needed massive jaws and teeth to cope with them.

By the time of what has been called The Neolithic Revolution, which began in the Near East about 12,000 years ago and reached Britain about 4000 BC, all of the basic cooking methods were known and exploited. Man had learned to domesticate animals and crops. He had pottery for storage purposes and for cooking. He cooked with dry heat (baking, roasting and grilling) and with moist heat (boiling, stewing and braising).

Probably the first experience with seasoning came from wrapping food in a leaf to keep it clean, or to protect it from ashes while cooking. Primitive man would soon have discovered that this imparted a pleasing flavour. By the time of the civilisations of ancient Greece and Asia Minor a flourishing spice trade had evolved between the East and the main cities of the Mediterranean.

The Romans in their conquest of Europe took their knowledge of spices with them, together with unfamiliar fruits and vegetables.

With the decline of the Roman Empire, the spice connection was broken and it was not revived until the Arabs began expanding in the 7th century AD. Spices became more common in the Europe of the Middle Ages, though very expensive. A handful of cardamom was worth as much as a poor man's yearly wages, and a slave could be bought and sold for a few handfuls of peppercorns.

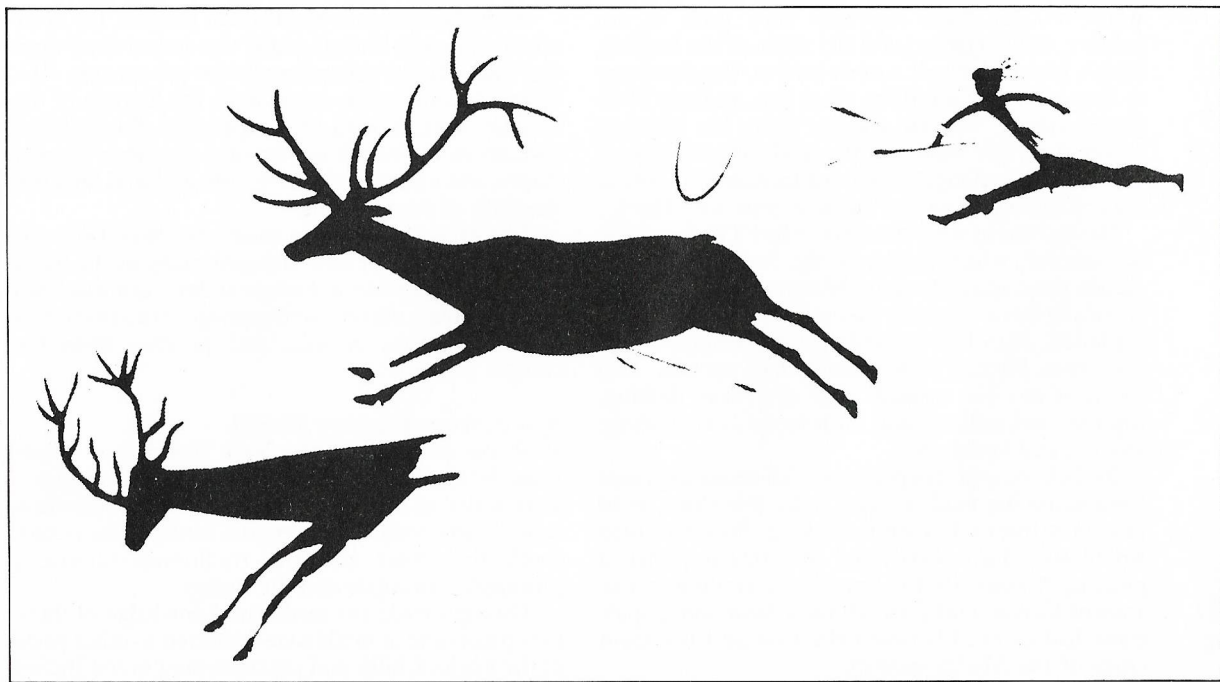
The great spice routes must also have been the routes along which were brought many of the fruits considered common in Europe today – quinces from Persia; plums, cherries and pomegranates from Asia Minor; oranges, apricots and peaches from the Orient.

Spices from the New World

With the discovery of the New World, new spices from the Caribbean – notably cayenne and allspice – were added to Europe's cuisine. From the Americas came beans, sweet peppers, the tomato, the potato (both the sweet and the traditional varieties), pineapple, chocolate and the turkey.

Through trade the seeds and knowledge of these new plants and animals were scattered to other parts of the world. Chillis and potatoes went to the Indian continent; maize, also known as Indian corn, or mealies, manioc, peanuts, beans and sweet potatoes found their way to Africa; and at a later date exotic

THE STORY OF FOOD



In the Middle Stone Age, from about 8000–2700 BC, survival depended on successful hunting to provide food, hides and bone. A vivid impression of a stag hunt has survived since those days on a cave wall at Valltorta, in Castellon, Spain.

fruits, such as the pineapple, were taken to southern Africa and Australasia.

Turkeys which had been domesticated by the Aztecs came to Europe in the early 16th century. From the Continent they journeyed to Britain, where they ousted the peacock and swan from the table.

It is thought that the turkey owes its name to the fact that it was confused with guinea fowl, which was originally imported to Europe through Turkey.

The tomato, originally called the love-apple because it was considered to be an aphrodisiac, arrived in Europe from South America at the end of the 16th century and was widely cultivated from that time in Italy for use with pasta. In Britain, its reputation as an inflamer of passions delayed its acceptability.

The story was circulated by the Puritans that tomatoes were poisonous, and until the 19th century they were grown, not to be eaten, but solely as decorative plants.

Enter the potato

The potato was introduced to Europe by the Spanish in the 16th century. However, it did not become popular in Britain until the 18th century. Like many novel foods it was at first reputed to be an aphrodisiac, and it is said that in Spain potatoes

sold at one time for the equivalent of £250 a lb.

The Americas were not the only source of new foods. Cucumbers, or cow-cumbers as they were once called, came to Britain in the 16th century by way of the East Indies. Rhubarb had been introduced to northern Europe some 200 years earlier, from northern Asia. Grown by monks for its medicinal properties, it arrived in Britain in the 15th century and was at first used by apothecaries to make medicines. Later, it gained popularity as an ornamental plant. It is only in the last 150 years that it has been used for ordinary cooking.

Centuries-old search

Throughout history, then, the search for new foods or for new ways of making old foods more palatable, has led men to turn their gaze outwards: to cross deserts, mountains and seas.

The chief beneficiaries of that search have been the nobility and the well-to-do. For in most societies, the poor have had no time, no money and no energy for gracious living.

Ironically, apart from our own day and the egalitarian era of rationing, the time of least contrast between the quality and quantity of food eaten by landowner and labourer was during the early Middle Ages. And that was also the time when food and cooking methods were at their least appetising.

FOOD OF THE PHARAOHS (3200 BC–AD 300)

THE ANCIENT EGYPTIANS brought to the table the same dedication as they brought to the arts of building and sculpture. They had a good start, for the fertile land of the Nile valley was a natural larder, producing meat and game, cereal crops, fish, fruits and vegetables.

From the inscriptions and scenes depicted on the tombs we know that they bred cattle, sheep, antelope and other game animals for meat. They enjoyed plump quail and pigeons and artificially fattened geese. Leeks and onions were common vegetables, and onions especially were eaten by the poorer people. Lettuce was believed to be an aphrodisiac, and was sacred to the fertility god Min.

Rounding off a meal

They had fresh berries, grapes, juicy figs, sweet dates, delicate lotus fruits, water melons and pomegranates to round off a meal and freshen the palate. Grapes were also dried as raisins.

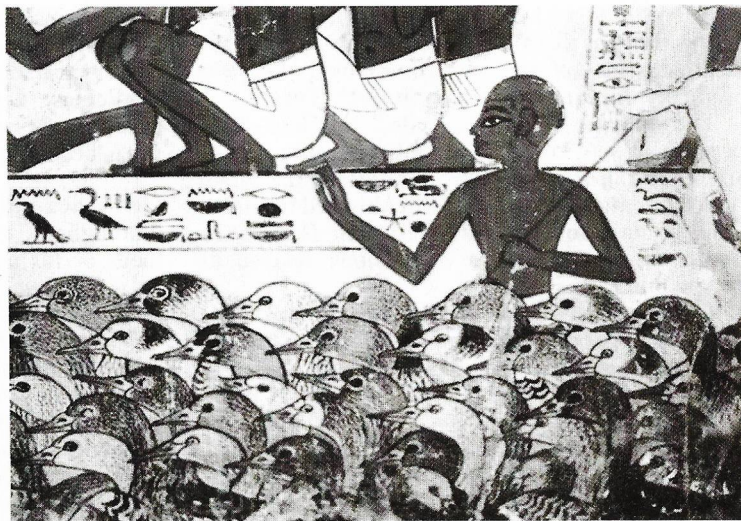
The Egyptians were not great fish-

eaters, perhaps because the Nile fish, mullet, catfish and perch, tended to be coarse-fleshed.

Cooking was basically simple. Meat and game were roasted on spits.

Fish might be grilled or boiled, dried in the sun or pickled in brine and eaten raw.

The bread and pastry stalls of ancient Egypt, set up in the open



The Egyptian taste for plump geese, here being counted before fattening, is recorded on a tomb at Thebes. It dates from the 18th dynasty (1567–1320 BC).

street, offered a greater variety of tempting choices to the buyer than many modern patisseries. Those who could afford it – the nobles and priests – had some 40 varieties of bread and

pastries to choose from, including bread enriched with milk or eggs, or sweetened with honey.

Loaves came in a variety of shapes and sizes, from flat to triangular and

plaited. The tomb of the Pharaoh Rameses III (1198–1165 BC) shows bread-making in detail, with two men kneading the dough with their feet.

In some of their attitudes the



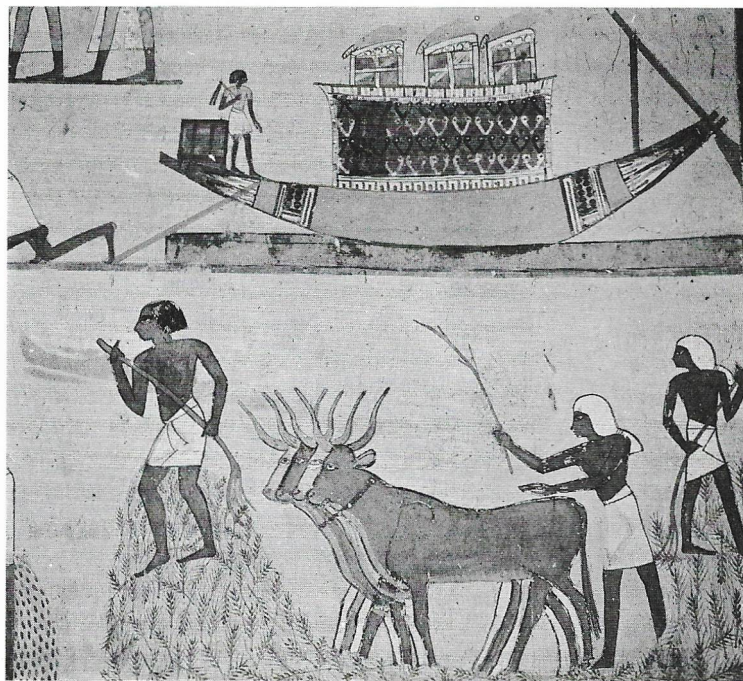
A butcher, bakers and a brewer are depicted on this wooden model made for burial with the corpse at a funeral. Game animals were among a variety of livestock kept for meat by the Egyptians. Bakers offered a tempting range of breads and pastries.

Egyptians were surprisingly modern. "They believe that all illnesses are due to what is eaten" – wrote Herodotus, a Greek historian of the 5th century BC. Most doctors of the present day would go a long way towards agreeing with that viewpoint, though they would hardly approve of some of the extreme measures taken by the Egyptians to avoid the consequences of over-eating. "For three days in every month," Herodotus notes, "they purge themselves, seeking to preserve health by means of emetics and clysters."

Strong barley beer was the general drink. The barley grain was allowed to germinate, crushed into a paste and baked. The baked barley cake was then soaked in water and allowed to ferment.

To make it more palatable, bitter herbs may have been added, as hops are added today.

Another drink was date wine, made by fermenting the juice of dates. To give it an even greater potency, honey may have been added before



The cereals being harvested in this Egyptian frescoe would have been destined for brewing the barley beer that was a national drink, or for making bread or cakes.

fermentation. This would have been a heady brew, considering the high sugar content of a date-and-honey mix.

The eating habits of the Egyptians were as elegant as could be achieved,

considering that they ate with their fingers. In the houses of rich people, servants would come round between courses, bearing bowls of perfumed water in which the guests could rinse their hands.

Adults sat at small tables, with the children on the floor. At banquets, the guests of honour would be seated on high-backed chairs while the rest sat on simple stools. Men and women tended to be separated, although husbands and wives were able to sit together if they wished.

A warning for guests

Much as they enjoyed the good things of life, including food, the Egyptians had an even greater obsession with death, eternity and the after-life. This was the obsession that led them to build pyramids, and even in their most relaxed moments it was never far from their minds. Herodotus tells how, at the banquet of a rich man, after the food had been served, a man would carry round a wooden effigy in a coffin, made and painted to look exactly like a corpse. He would show it to each of the guests, with the sombre words: "Look upon this and drink and be merry, for thou shalt die, and such shalt thou be."



Parties are as old as civilisation. In this 3,000-year-old Egyptian scene, dancing girls are entertaining the guests and wine is provided in the tall jars.

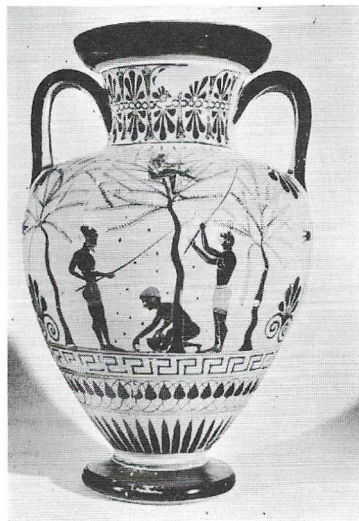
SIMPLE FARE IN ANCIENT GREECE (800-30 BC)

THE SEA surrounding their long, ragged coastline and islands provided a rich harvest of fish for the ancient Greeks. But the land was less generous, for the meagre, stony soil limited agriculture. The main crop was olives, providing a pungent, nutritious fruit and excellent oil; and the basic cereal crop was barley, for it was able to survive the scorching summers. Pigs and goats were the only animals to prosper on poor pasture, and they were the main source of meat. Very few areas supported enough pasture to raise sheep and cows.

Bread-and-wine breakfast

Family meals were simple, starting with a breakfast of bread and diluted wine. A mid-day meal and the evening meal probably consisted of fish – which would have been tunny, mackerel, whitebait, anchovies, mullet, eel, crab, cockles, spiny sea urchins or mussels – along with bread, honey, cheese and fresh fruit. Oil took the place of butter. Cheese

was made from ewes' and goats' milk which was curdled by being stirred with a fresh branch cut from a fig tree; the curd was drained off and allowed to mature.



In Greece, 2,500 years ago, ripe olives were struck from the trees with sticks.

A typical Greek family mealtime would have the father reclining on a sofa with his wife and children assembled at his feet. When guests were present the women and children dined in their own quarters.

Greek parties and banquets were all-male affairs, as it was not considered proper for women to be present. An exception to this rule was made for the *hetaerae* – educated courtesans who offered intellectual stimulus as well as artistic and sexual expertise.

Poetry with the meal

In Greece, meals were cultural as well as social occasions and provided the opportunity to enjoy music, dancing, poetry and debate.

When a guest arrived at a banquet he removed his sandals and, while slaves washed his feet, he would wash his hands. He would then relax on a couch which had a small table beside it for food. The bill of fare might include barley cakes, stuffed eels, cuttlefish, swordfish, roast loin of

pork, ribs of beef, mutton, hare, poultry, cutlets of kid, or pigs' trotters; and the meal would end with cheese, honey and fresh or dried fruits.

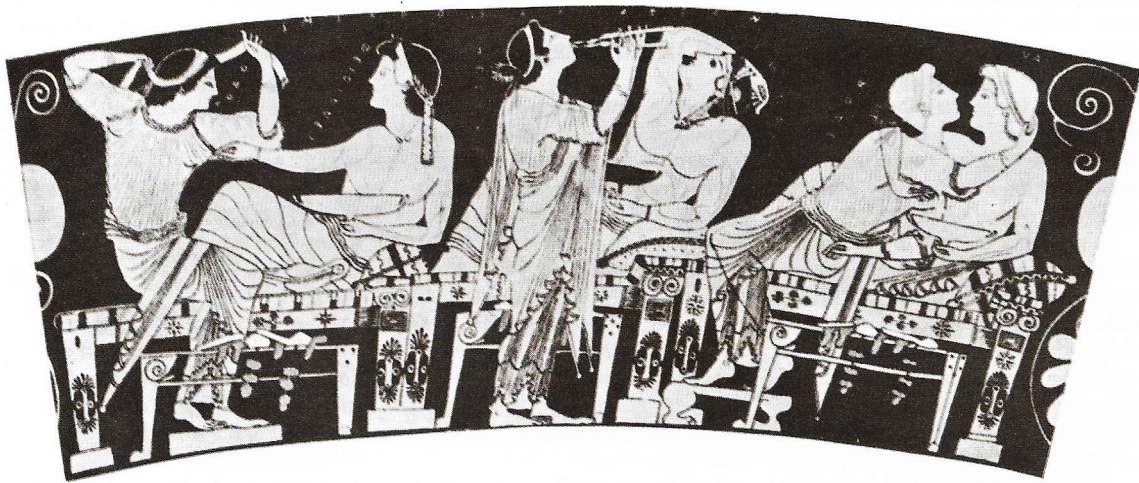
Wine was usually served diluted

with water in order to make it less vinegary.

A philosophy of good living was provided by Epicurus, who maintained that pleasure was the main purpose of life. He was not advocat-

ing gluttony, however, but simplicity and moderation, and the Epicureans doubtless had an influence on Greek cooking.

For the Greeks liked their food unadorned. One writer considered



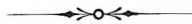
Abundant food and wine were not the only pleasures of a Greek banquet. Trained courtesans, called hetaerae – similar to Japanese geishas – provided the male guests with additional entertainment. This ancient vase records such a scene.

that the best way to serve hare was to roast it on a spit, season it with salt and eat it very hot as the juices began to flow. All other methods were said to be superfluous, particularly the pouring on of sticky sauces, or parings of cheese and dregs of oil, in which case the dish was compared to cats' meat. This preference for unadorned food may have been partly due to the fastidiousness of the Greeks, for it must have been difficult to eat food covered with oil or thick gravy while lying on a sofa. Plain hot roast meat would have been a much more convenient affair.

But as time passed the Athenian taste became more demanding. Geese were force-fed with moistened grain, peacock eggs were considered a delicacy, and by the 3rd century BC a collection of small dishes to titillate the appetite had become popular – a forerunner of today's hors-d'oeuvre or *meze*.

An aspect of food which interested the Greeks was its value – whether a food was a laxative or diuretic,

whether it stimulated the libido or acted as a dampener of ardour. Lettuce, for example, was thought to check sexual desire, whereas animal foods and wine were considered to heighten it.



AN ANCIENT GREEK RECIPE

Historian's pudding

Herodotus, a Greek writer of the 5th century BC, who was known as the Father of History, enjoyed this pudding and an old recipe is to be found amongst his works. It has been updated.

2 oz. (50 g.) self-raising flour, sifted
4 oz. (100 g.) fresh breadcrumbs
4 oz. (100 g.) suet
8 oz. (225 g.) raisins
1 level tablespoon allspice
1 oz. (25 g.) sugar
2 dried figs, chopped
Grated rind of $\frac{1}{2}$ lemon
2 eggs, beaten

2 tablespoons sherry
A little milk
(Serves 4-6)

Mix all the dry ingredients together. Stir in the eggs and sherry and add sufficient milk to make a soft, dropping dough. Put into a buttered or greased pudding basin and cover with foil, making a pleat in it for expansion. Steam for 3-4 hours. Serve hot with a sherry sauce.

SHERRY SAUCE

1 oz. (25 g.) butter
 $\frac{1}{2}$ oz. (15 g.) flour
 $\frac{1}{2}$ pint (300 ml.) water
3 tablespoons sherry
Sugar

Melt the butter in a pan; add the flour and cook for a few minutes, stirring all the time. Remove pan from heat and stir in the water. Return pan to heat and bring mixture to the boil, then simmer for 3 minutes. Add sherry, and sugar to taste. Serve hot.

ANCIENT ROME: DISHES FIT FOR THE GODS (753 BC-AD 476) .

THE ROMANS took over classical Greek cooking and turned it into imperial food fit for the gods. However simple and vigorous life may have been in the early days of the Republic, the Romans of a later day were self-indulgent and given to excess.

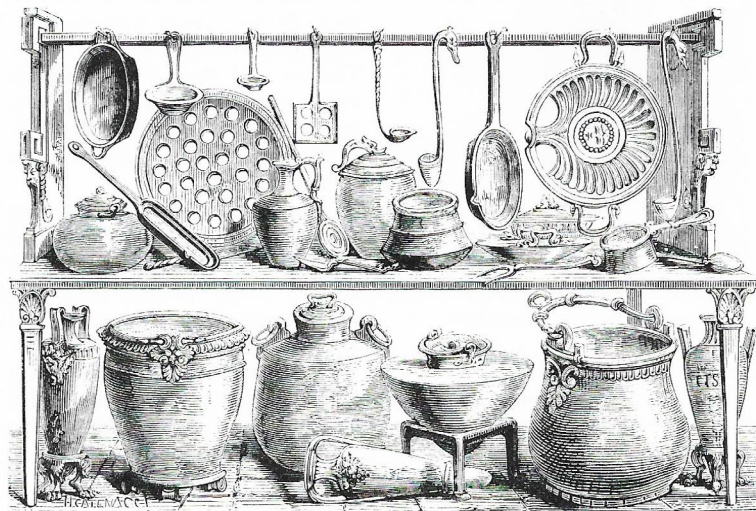
The poor lived mainly on pulmentos – a gruel prepared from barley and wheat, supplemented by olives, raw beans, figs and cheese. But the eating habits of the wealthy Romans were sophisticated to the point of fantasy – and sometimes gluttonous to the point of sickness.

The meal usually consisted of three courses: a starter of wild asparagus, salads, mussels, snails or oysters, an elaborate main course, and a dessert of fresh or dried fruits.

The main course at a Roman banquet would include exotic dishes such as pikes' liver, pheasants' brains, flamingo tongues or lamprey roe, all coated with a cloying sauce. A whole roasted wild boar might be presented. Other extravagant dishes included

dormice fattened in darkened jars on chestnut and acorns. All types of game appeared at the table, from peacocks fully feathered to a hare dressed with wings to look like the

flying horse Pegasus. Roast pork might be modelled to resemble geese, fish or song-birds. The Romans also loved sausages filled with chopped pork, suet, egg yolk, pepper, lovage,



Though a little cumbersome, cooking vessels discovered at Pompeii – and so dating from the 1st century AD – recall those used only the day before yesterday.



A sobering reminder that all must die was passed between guests at Roman feasts.

ginger, ruc, gravy and oil. The Scottish haggis is said to have originated from the Roman sausage.

Sturgeon was a highly esteemed fish, as it is today. Red mullet was much prized, and a single fresh fish was said to have cost on occasions more than a cow. Fish were required

to be absolutely fresh to the extent that they were kept in tanks in the dining-room, ready for instant cooking.

Oysters and snails were so popular that they were cultivated in artificial beds. British oysters were much in demand, particularly those from the Thames, and they were packed in iced water for their journey across Europe on the backs of mules. The Romans regarded them as an aphrodisiac.

They loved spicy food and were particularly partial to sweet-sour sauces, containing such ingredients as pepper, lovage, parsley, mint, bay leaf, cumin, honey, vinegar and liquamen or garum.

Liquamen was a fermented fish sauce which was so popular it was mass-produced at Pompeii, Leptis Magna (North Africa) and Antibes. There were many recipes but the main ingredients were anchovies or mackerel, heavily impregnated with salt to draw out the juices. The mixture was left in the sun to ferment

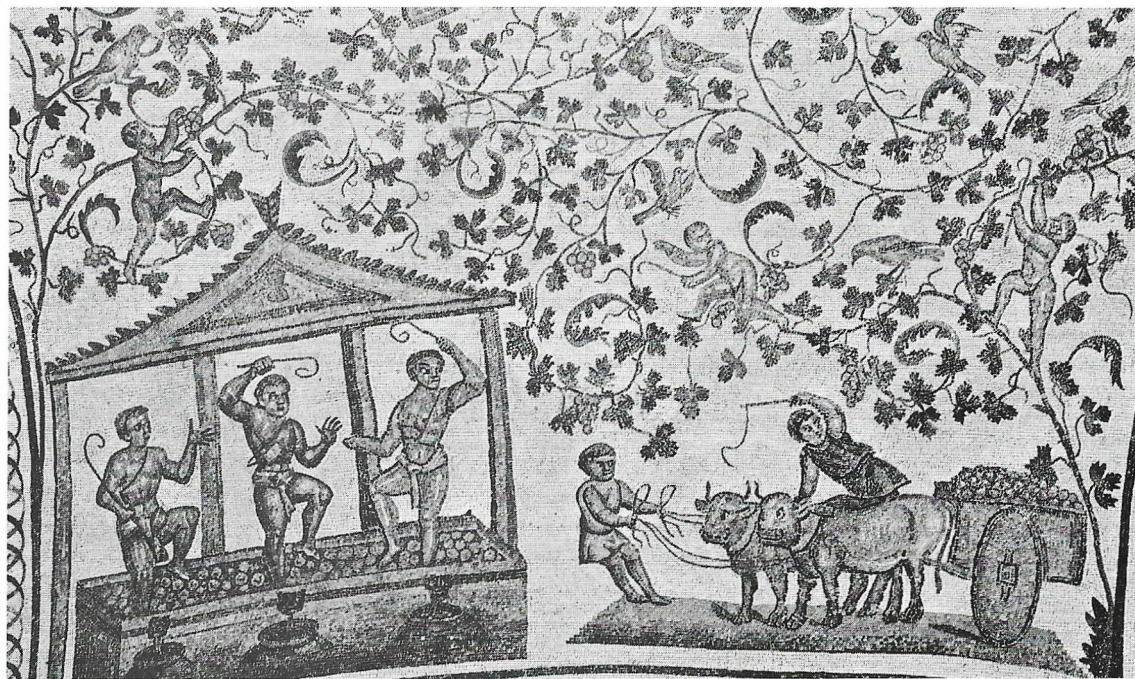
for two or three months in the case of small fish and up to 18 months for large fish. Sometimes wine was added.

Among herbs used for flavouring was silphium, which was much sought after but appears to have become extinct during the 1st century AD. It may have been replaced by asafoetida, referred to in two of the recipes that follow.

Centre of the wine trade

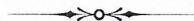
Vineyards were abundant on the rich, fertile slopes of Vesuvius, and wine from this area was shipped all over the Roman Empire. Like the Greeks, the Romans usually drank the wine diluted with water. The Romans had a sweet palate and sometimes added honey to sweeten and thicken the brew.

The Romans introduced their sophisticated culinary ideas and table manners to Britain. They also taught the Britons to drain marshland, manure fields and treat clay soil with sand; thus Britain developed into an



Details of the grape harvest, no less important in Roman times than today, are recorded as a vault decoration at Santa Constanza, Rome. The intricate design, which dates from the 4th century AD, is delicately executed in coloured mosaic.

important wheat-growing country. Orchards and herb gardens were planted, and bees were kept for honey. Grape vines were introduced and wine-making flourished for a thousand years.



RECIPES OF ANCIENT ROME

Despite the fact that the Romans set such store by the pleasures of the table, only one collection of their recipes has come down to us. It was written by a man named Apicius who lived in the 1st century AD, and whose love for food was so intense that he was said to have spent the bulk of his fortune on eating – and to have committed suicide when his money ran out, denying him the prospect of any more banquets.

Here are two typical recipes:

Roast sucking pig with a pastry and honey stuffing

Disembowel the cleaned pig from

the gullet, and dry. Pound 1 oz. pepper with honey and wine. Bring to the boil, crumble dried pastry and mix with the ingredients in the pan. Stir with a sprig of fresh laurel, then cook until it thickens and becomes smooth. Stuff the pig with this mixture, skewer, wrap tightly in paper and put in the oven. When cooked, remove the skewers and paper and serve.

Dormice

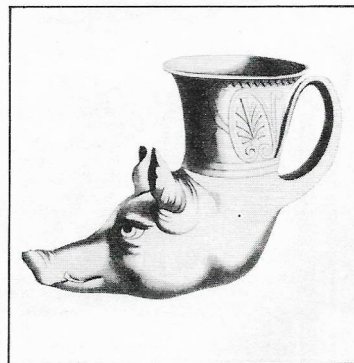
Stuff the dormice with minced pork and the minced meat of other dormice, pounded with pepper, pine-kernels, asafoetida (a plant resin with a bitter taste and a strong smell of garlic) and liquamen (a salty, fish-flavoured sauce). Sew up, place on a tile, and cook in a small oven.

Perhaps better suited to modern tastes would be one of Apicius's aromatic recipes for chicken.

Chicken in the Parthian way

Open the chicken at the rear end

and truss it on a square board. Pound pepper, lovage and a little caraway in a mortar; moisten with liquamen and blend with wine. Put the chicken in an earthenware pot and pour the sauce over it. Dissolve some fresh asafoetida in lukewarm water, pour it over the chicken and let it cook. Sprinkle with pepper and serve.



Roman zest for good living is suggested by this drinking cup from Herculaneum, destroyed at the same time as Pompeii.

FEASTING AND JOLLITY INSIDE CASTLE WALLS (AD 500-1500)

AFTER THE FALL of the Roman Empire in the 5th century, Europe entered a period of darkness both culturally and gastronomically. Hordes of barbarians pillaged the towns, and many of the citizens retreated to the countryside where they lived off the land. Food was cooked mainly over an open fire.

Although the Roman influence lingered in those countries where it had been strongest, food suffered from lack of spices and other delicacies, which had disappeared as a result of the decline in trade. And the barbarians were rough people, concerned only with survival, so they were content to live on a diet of milk, cheese and meat.

The Crusaders bring back spices
The Norman invasion in 1066 heralded a return to more refined manners and cuisine in Britain. And the Crusaders, returning from their expeditions in the 12th and 13th centuries, brought back a taste and demand for spices.

The use of the open hearth for cooking, and the limited amount of cutlery available, determined the preparation of dishes. As forks were unknown, except for a large two-pronged variety used for carving, cooks had to prepare food that could be eaten on the point of a knife, from a spoon or with the fingers. Knives were long and narrow with a sharp point for spearing food after it had been carved and cut. Spoons had a rounded bowl for scooping up the pottages and "messes", and the handles were short so that they could be stowed away in a pocket after use, for people carried their own cutlery with them. Large homes usually had an oven which was separate from the open hearth. As the oven had to be specially prepared and heated, baking was usually undertaken on a specific day. Ordinary folk either took their baking to the local bakehouse or used a griddle.

Young, tender meat and fresh fish would be roasted on spits or grilled over the fire and served as the juices

began to flow. The joints would be crackling crisp on the outside and tender pink inside. Tough old animals and the salted winter meats would be well pounded with a pestle and mortar, or finely chopped and boiled or stewed in a cauldron to



Fish from both river and sea formed a major part of the medieval diet.

THE MIDDLE AGES

make hashes, mishmashes, hotch-potches, minces, broths, soups, rag-ôuts and pottages. A pottage was a thick stew-like soup made of oatmeal or some other cereal, or a mixture of vegetables, such as cabbage, turnips, onions or leeks, and a piece of salt pork or rabbit.

Flummery, which appears to have

been a daily dish, was made from whole wheat or oatmeal, boiled in milk and seasoned.

Blank-manger, unlike the sweet blanchmange pudding of today, was made from pounded poultry or other white flesh, boiled with rice and almond milk and sweetened with honey.

Mortrewes, so called because the main ingredients were pounded in a mortar, was another common "mess", rather like an outsized dumpling. Boiled white meat, such as poultry, fish or veal, was pounded to a paste, mixed with breadcrumbs, eggs and hot spices, then cooked again in a sauce of ginger or saffron, with salt



In this scene from the Bayeux tapestry, a large pot or cauldron is being boiled over an open fire. Alongside, a cook is removing meat from a grill. Diners at the table on the right are about to enjoy spitted birds that have been roasted whole.

for flavour and honey for sweetening.

Small savoury dumplings were made from well-pounded pigs' liver, blended with soft cheese and egg, encased in paste and baked. The paste covering would be thrown to the dogs, or put in the dish to be given to the beggars at the gate. Savoury, spiced patties and pies were popular.

Mawmony, a "mess" halfway between a porridge and a soup, was made from pounded capons boiled with honey, oil, spices, ginger, cinnamon and the root of an East Indian plant known as "galyntyne".

Fish played an essential part in the diet as well as in the religious calendar. Salmon, eel, lamprey, turbot, sole, gudgeon, bar, cod, herring, mullet, mackerel and turbot, were among the species available. A favourite was lamprey, and the finest were reputed to be caught in the River Severn in England. Henry I is said to have died from a surfeit of lampreys. Seals and porpoises, then considered to be members of the fish family, were greatly esteemed. Eel

pie, a popular dish, was heavily spiced and might include mint, nuts and raisins, ginger, cinnamon and pepper.

In medieval books of courtesy there are special references to salt and table manners, with emphasis on taking salt with a clean knife rather than a pinch between the fingers, which were no doubt greasy from handling food. As a dish of food was shared with a neighbour there were also suggestions that diners should not scratch their heads while eating.

The pantler would prepare bread for trenchers, and fresh bread for sopping up food. Trenchers were thick slices of stale, unleavened bread, used as plates by the diners. If a trencher became too sodden during the course of the meal, it would be replaced by a fresh one. At the end of the meal, if the trenchers were not eaten by the diners they would be given to the dogs or to the poor. It was also the pantler's job to make sure the salt was fine, white and dry.

The dishes, superintended by the server, were placed on the dresser and

tasted three times for poison, before being served to the top table. No drinking vessels were set on the table and if a diner wanted a drink he signalled to the cupbearer who took a cup from the dresser, or cup-board, and filled it.

The positions of server, carver and cupbearer had a special significance in the social hierarchy, so much so that members of the nobility vied with each other to be appointed to these jobs in royal households. Household duties were given to boys of notable families as a way of teaching them the practical niceties of life.

Official feasting

State banquets were gargantuan affairs, consisting of three courses with 20 or more dishes to each course which included: oxen, mutton, venison, wild fur and feathered game, capons, swans, peacocks, geese, pike, bream, porpoises, seals and quail – turned into a variety of "messes" or, if tender enough, roasted. Hot egg and cream custards might be baked

before the fire and browned with a salamander or hot iron plate. Fresh fruits and confections were also served, with copious amounts of ale, mead and wine. Life was hard, short and dynamic, so great store was set on spectacle and ostentation. Witty dishes which bordered on the practical joke were greatly applauded. One such dish which might be served at a feast day or birthday was a large pie which, when cut, would release live blackbirds.

Such a pie is celebrated in a popular nursery rhyme "Sing a Song of Sixpence", and one theory suggests that the king in the rhyme is Henry VIII and that the 24 blackbirds represent the choirs of monasteries which were to be dissolved. The effect was achieved by baking the pie blind, filling it with coarse flour to hold its shape, and leaving a large hole in the bottom. When the crust was set and nicely browned the flour filling would be removed and the 24 live blackbirds popped into the base hole.

Swans and peacocks, were the delight of chefs. They were carefully skinned before being stuffed and cooked and then the skin, with all its feathers intact, was replaced.

Because of the near impossibility of transporting fresh fish from ports to places inland, large artificial lakes, known as "stews", were created so that freshwater fish could be stocked until required. Deep-sea fishing was well established by Tudor times, and fishermen sailed as far as Newfoundland in search of cod. Most of the sea fish eaten during this period was preserved by salting, pickling in brine, smoking or sun-drying.

Mainly for flavouring

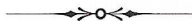
Vegetables were thought to cause "wind", and therefore were used mainly to bulk out and give taste to broths. Fresh fruit was thought to prevent "vapours". So fresh oranges, though expensive and rare, quinces, pears and pippins (apples) rounded off the meal; or they might be baked before the fire or made into a tart.

While the upper levels of society enjoyed a good and varied diet, the poor lived on much simpler fare consisting mainly of dark rye bread, pottage and curd cheese. The pottage was usually made with root vegetables boiled in water. It might occasionally be enriched with a little salt pork or the meat from a scraggy fowl, or even rabbit if someone managed to evade the poaching laws.

Servants of the manor or castle lived better than the peasants, for everybody working for the master would take his meals in the great hall.

The first object to be set upon the top table at dinner was the great salt cellar, which set the social order of the day. The head of the household sat in the middle of the top table and the salt set the line of social demarcation. Important guests sat above the salt while lesser folk sat below. Those "below the salt" were served umbles (entrails) of deer – hence the expression "to eat humble pie" – while higher ranks doubtless enjoyed roasted venison.

RECIPES FROM THE MIDDLE AGES



All types of "messes", stews and hotchpotches were popular during the Middle Ages because they disguised the toughness of the meat, and they were easy to eat with a spoon or to sup with a chunk of bread. Here is a typical recipe of the time.

To hodge-podge a hare

Cut the hare in pieces as you do for stewing, and put it into the pitcher, with two or three onions, some salt and a little pepper, a bunch of sweet herbs and a piece of butter: stop the pitcher very close, that no steam may get out, set it in a kettle full of boiling water, keep the kettle filled up as the water wastes, let it stew four to five hours at least.

Here is a modern variant:

Hotchpotch

2 lb. (1 kg.) neck of lamb

4 pints (2 litres) water
3 oz. (75 g.) turnip, peeled and diced
3 oz. (75 g.) carrot, scraped and diced
3 oz. (75 g.) spring onions, chopped

3 oz. (75 g.) cauliflower sprigs
4 oz. (100 g.) fresh or frozen green peas
4 oz. (100 g.) broad beans, shelled
 $\frac{1}{2}$ lettuce, shredded



The attitudes and facial expressions of the company suggest that wedding feasts may not have changed very much since Peter Bruegel painted this 16th-century scene.

*Chopped parsley
Salt and pepper
(Serves 4)*

Place the meat in a pan with cold water and a little salt. Bring to the boil and skim off any scum. Add the turnip, carrot and onions, reduce the heat and simmer for $1\frac{1}{2}$ –2 hours. Add the cauliflower 30 minutes before the end of the cooking time and the peas and beans 12 minutes before. When cooked, remove the mutton, cut it into dice and return it to the pan with the shredded lettuce and parsley; re-heat, season to taste and serve very hot.

Liver dumplings

In medieval times it was necessary to devise dishes, such as small dumplings, which could be easily eaten in the fingers, with a spoon or on the point of a knife.

*4 oz. (100 g.) chicken livers, finely
minced or blended in a liquidiser
1 egg, beaten*

*Grated rind of $\frac{1}{2}$ lemon
1 small onion, skinned and finely
grated
2 level teaspoons finely chopped
parsley
3 oz. (75 g.) soft white breadcrumbs
 $\frac{1}{2}$ level teaspoon ground nutmeg
1 clove of garlic, skinned and crushed
1 level teaspoon powdered thyme
Salt and pepper
Stock, or stock cube and water
(Makes 12–16 small dumplings)*

Combine all the ingredients in a bowl and mix well. Form into balls about the size of a walnut (if the mixture is a little too soft, add a few more breadcrumbs). Drop the dumplings into boiling stock, cover and simmer for 6–8 minutes. Drain. Serve hot with a piquant sauce and savoury rice.

Mead

When our Saxon forebears settled down to feasting, boasting and fighting, it was mead that quenched their thirst and fired their blood.

You can still make it today:

*1 lb. (500 g.) honey
8 pints (4 litres) water
 $\frac{1}{2}$ lb. (250 g.) dried hops
1 oz. (25 g.) fresh yeast – or $\frac{1}{2}$ oz.
(15 g.) dried yeast
(Makes about 8 pints)*

Dissolve the honey in the water, add the hops and simmer for 1 hour. Remove pan from heat. When the liquid is lukewarm, stir in the yeast. Cover and leave for three days. Strain the liquid into bottles and cork lightly. The corks will pop out and some liquid will spill during fermentation, so stand the bottles in a place where this will not matter. Keep one bottle aside for topping up the others during fermentation. When fermentation is over (that is, when no more bubbles are rising in the liquid) siphon off the mead into clean bottles, leaving behind any deposits.

Cork tightly and keep the mead for 12 months before drinking.

NEW FOODS FROM NEW WORLDS (1500-c. 1800)

THE VOYAGES OF DISCOVERY of the 15th and 16th centuries brought new foods to Europe. Sugar was introduced, and it was used instead of honey in many recipes. As supplies increased and prices dropped, elaborate confections of sugar became popular.

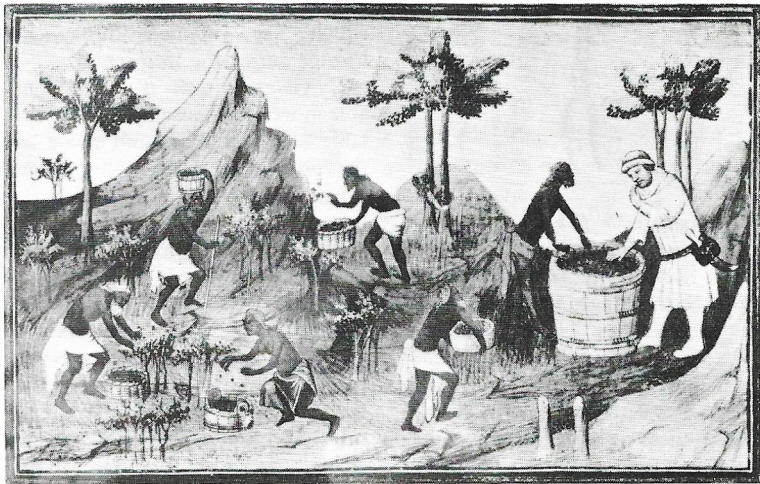
The potato was brought to Europe from South America by the Spanish during the second half of the 16th century, and by the end of the 17th century it was a major crop in Ireland. It then became popular in Scotland, Wales and the north of England but was not cultivated in the south of England until the end of the 18th century, although many recipes using sweet potatoes, or yams, appeared in the 17th century.

By the end of the Tudor period the bread trencher had been replaced by a wooden platter with a circular depression in the middle, and drinking vessels were made of glass rather than of wood, pewter or leather.

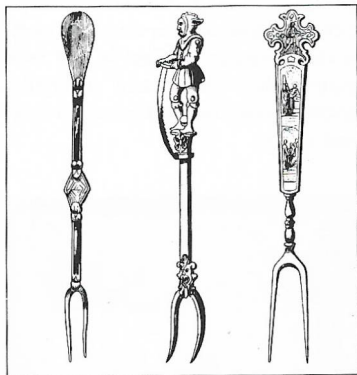
A major change in eating habits and table manners took place during

the second half of the 17th century, when the table fork became fashionable in England. The fork is said to have been introduced by an English traveller, Thomas Coryat, after a trip to Italy where it had been in

common use since the 16th century. It evolved from the serving fork used by the Romans. At first it had two prongs, then three, and it finally developed into the four-pronged fork used today.



Pepper was one of several spices imported by early mariners to enliven the bland dishes of the late Middle Ages. Here, the peppercorns are being gathered.



These early table forks – Saxon, 16th century and 17th century – had only two prongs. Later, three became fashionable, then four as most forks have today.

Its use at the table allowed cleaner and neater eating. A diner no longer had to spear meat with a knife point, or tear it apart with the fingers, or sup “messes” from a spoon. Consequently, there was no longer any need for the monotonous daily diet of stews

and similarly sloppy hotchpotches.

The knife blade was lengthened and widened, and the point was cut off to give a square tip. By the end of the century a curved blade was the vogue. It developed into the scimitar blade, with the end of the blade curved round and slightly upwards, which was common throughout Europe during the 18th century.

By Georgian times it was fashionable in wealthy households to lay the table with knife, fork and spoon by the plate. Guests were no longer expected to supply their own cutlery, but travelling sets were still the custom for use at inns and hostleries where cutlery was not supplied.

The “service”, consisting of matching plates, cups and saucers for breakfast, dinner and tea, began to grace British tables in the 1760s, when Josiah Wedgwood developed mass-produced earthenware with a cream body and a rich durable glaze, known as Queen’s Ware. This brought tableware within the reach of most pockets.

This was the age of the rich merchant who needed to display his material success, and the service of meals became more sophisticated. Instead of several meats being served together on a single platter, as one course, each dish was now served separately in its own covered container by a servant to each diner, or dishes were placed buffet-style on the table.

Evolution of the table

The board set on a trestle was replaced by the dining table. The new table was made by skilled craftsmen who fashioned it with a central pillar and splayed feet and an ability to increase or decrease its dimensions depending on the company. Elizabethan pewter was replaced by the new Georgian silver.

Cookery books, now written by women, gave recipes for set dishes such as elaborate creams and jellies and handsomely moulded pies. Mrs Hannah Glasse, a well-known and respected cook, published *The Art of*

Cookery Made Plain and Easy in 1747. Her famous Yorkshire Christmas Pie contained a turkey, a goose, a pigeon, a fowl, a partridge, a hare and a woodcock and "what sort of wild fowl you can get". At least 4 lb. of butter was put in with the birds to cook, and the crust took a bushel of flour. The walls, as Mrs Glasse called the pie-crust, were to be thick, because the pies were often sent to London as Christmas presents.

Another respected cookery writer was Elizabeth Raffald, who published *The Experienced English Housekeeper* in 1769. Mrs Raffald included a recipe for a romantic jelly which contains flummery (originally a paste of wheat flour or oatmeal, later an almond jelly enriched with cream and sometimes flavoured with chocolate):

"To make Moon and Stars in Jelly, take a deep china dish, turn the mould of half a moon, and seven stars, with the bottom side upward in the dish, lay a weight upon every mould to keep them down, then make some flummery and fill your dish with

it; when it is cold and stiff, take your moulds carefully out, and fill the vacancy with clear calf's foot jelly; you may colour your flummery with cochineal and chocolate to make it look like the sky; and your moon and stars will show more clear: garnish with rock candy sweetmeats. It is a pretty corner dish, or a proper decoration for a grand table."

Decorative dishes

There were instructions for extravagant garnishes, and the legs and wings of poultry and the heads and tails of fish were suggested as decorations. Decorated boar's head was popular, and calves' and pigs' ears were considered great delicacies. Porpoise was served as a fish course, and the head sections were esteemed for their succulence. Instructions were given for dressing a turtle, and the experienced housekeeper was expected to take in her stride the preparation of such dishes as boiled pike with a pudding in the belly.

Birds and small game were served

so that guests could help themselves. The most tasty morsels were wing-tips of fowl and the thighs of game birds. Carving had its own language and terms, such as winging a partridge, thighing a woodcock, lifting a swan, despoiling a peacock, embracing a mallard and spoiling a hen. Fruits, such as melon and orange, were "tracklements" (accompaniments) served with meat dishes.

Vegetables, once considered poor substitutes for meat and fit only to put in soups and stews, now received more respectful treatment, and as the art of gardening developed vegetables appeared more frequently on the menu. There were recipes for cooking collyflower (cauliflower); broccoli in imitation of asparagus; artichokes, French beans, Windsor beans and green pease (peas). Herbs were on the decline, perhaps because fresh meat was available throughout the year, as a result of improved farming methods. Recipes were sparing with herbs and spices, and they were used to enhance and complement the flavour

rather than to mask it as in medieval times. The tradition of roasting meat was established, and England won a lasting reputation for its roast beef.

A considerable art developed in peeling fruit, such as pears, apples and oranges, into intricate shapes to decorate the table, to the extent that books were written on the subject. Store cupboards were filled in the autumn with pickled cucumbers, samphire leaves, walnuts, nasturtium buds and seeds, grapes, elder buds and young artichokes.

As sugar became cheaper and more widely available, sweet puddings became popular, and recipes had fanciful names such as fish pond, hen's nest, hunting pudding, nice pudding, sippet pudding, transparent pudding, green codling pudding, yam pudding and sparrow dumpling.

There were instructions for exotic and glittering decorations based on sugar "to spin a silver web for covering sweetmeats, to make a Chinese temple or obelisk".

A select dinner party for six might

have a first course containing stewed carp, roast chicken (one for each guest), and jowl of salmon (the head cut was considered the sweetest); a second course of two neat (ox tongues) and tansy pudding (a custard concoction made during Lent of eggs and cream flavoured with tansy, a cottage-garden flower); and a last course of cheese and wine.

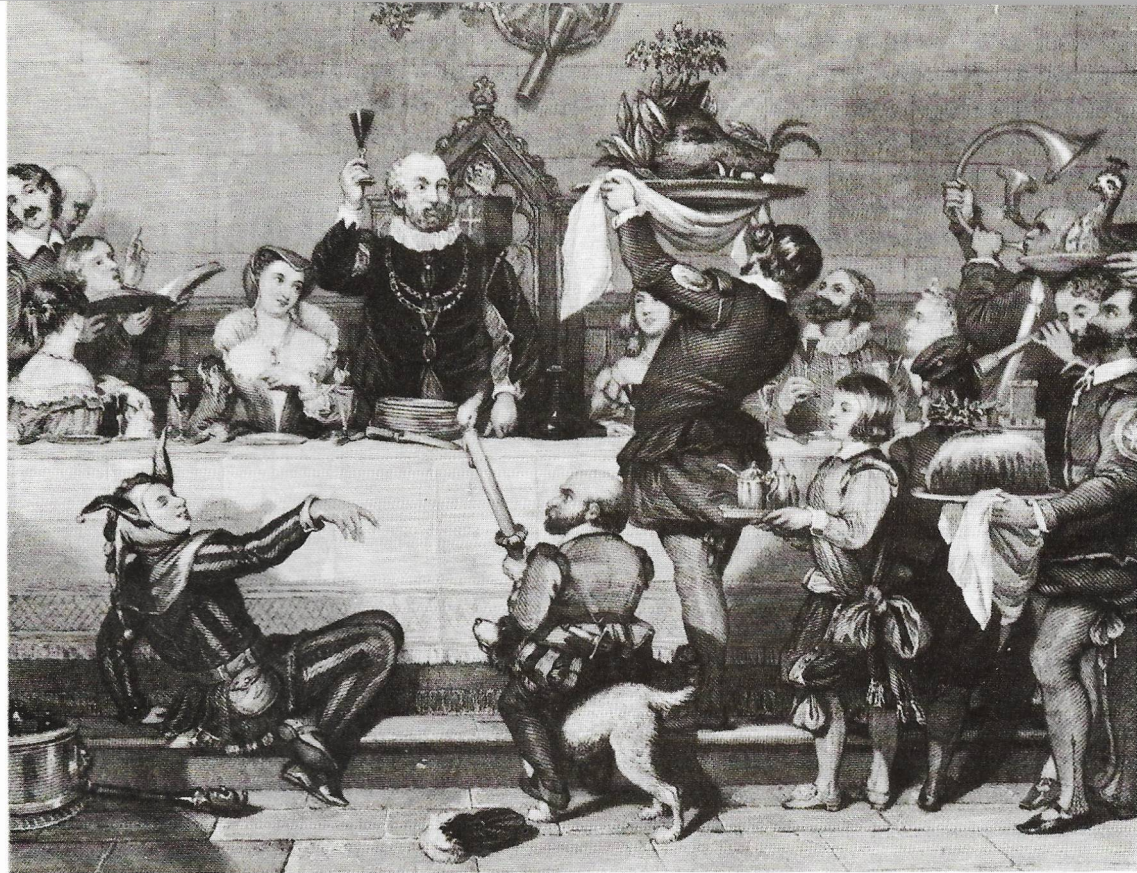
Increasing wealth and comfort, as well as the influence of French customs, brought about a change in mealtimes. As more people were able to heat and light their homes, they were no longer obliged to retire at sunset and rise at dawn; consequently meals were taken later. The leisured class took breakfast of tea or chocolate with bread and butter at about 10 or 11 a.m. Dinner was eaten at 5 or 6 p.m., and supper was served late in the evening.

The introduction of tea and coffee brought about a small social revolution. It led to the establishment of coffee houses where men could meet and talk in a relaxing yet stimulating

atmosphere, and to the institution of afternoon tea.

Coffee is thought to have been exported from Turkey to Italy in about 1580, but the pleasures of coffee were not appreciated in Britain until about 1650, when the first coffee house was opened in Oxford. A Greek, Pasqua Rosee, opened the first London coffee house in 1652 at Cornhill, and the beans were imported from Smyrna. The coffee-house craze spread throughout London and soon there were some 500 of them. Men gathered in different coffee houses to discuss business, and both the Stock Exchange and Lloyd's were formed in coffee houses.

It was through the coffee houses that the British were introduced to tea, for it arrived in England from India a few years after coffee and was first sold in coffee houses. By the middle of the 18th century, tea had become the principal drink of all classes. Considering that 1 lb. of tea then cost the equivalent of one-third



Tudor feasts and banquets were spirited occasions where musical entertainment and repartee – the latter provided by professional comedians or jesters – accompanied rich and elaborate dishes. A boar's head, served with due ceremony, was often the highlight.

of a skilled worker's weekly wage, it must indeed have become an addiction. The popularity of tea heralded the end of the coffee-house era.

On Sundays, small tradesmen, milliners, maidservants and apprentices mingled with prosperous merchants and society ladies at the tea gardens. The attractions of these places went far beyond drinking tea. At the popular Vauxhall and Ranelagh gardens in London, there were illuminations and fireworks.

Towards the end of the 18th century the quality of food began to deteriorate, partly because the rapid growth of towns and their populations created a greater demand, and partly because fresh food was in transit for long periods.

Additives were freely used. Alum and bonemeal from charnel houses were mixed with flour to bulk it out. Sand was added to brown sugar. It was not until the middle of the 19th century that Britain's first Food and Drugs Act was passed to improve the quality of food.



Roast peacock, served complete with its head and tail feathers, was often a main dish at medieval banquets. This reproduction of a woodcut dates from 1517.

RECIPES FROM ELIZABETHAN
TIMES TO THE 18TH CENTURY

From Tudor times onwards, exotic foods began to appear on the table. But, as these recipes show, traditional foods were not neglected.

Syllabubs

This sweet was popular in Tudor times when the cow was actually milked straight into the wine, sack or cider. A syllabub can be either a soft curd made by mixing wine or cider with milk, or a sweetened cream flavoured with wine or spirit and beaten to a stiff froth.

An early syllabub recipe gives the following advice:

"Put a bottle of strong beer and a pint of cider into a punch bowl, grate in a small nutmeg and sweeten it to your taste. Then milk as much milk from the cow as will make a strong froth and the ale looks clear. Let it stand an hour. Then strew over it a few currants, well washed

and picked, and plumped before the fire, then send to the table."

And here is an updated version:

Lemon syllabub

1 large lemon

4 oz. (100 g.) caster sugar

½ pint (300 ml.) sweet white wine or sherry

½ pint (300 ml.) double cream

(Serves 6)

Grate the rind of the lemon into a large bowl. Add the strained lemon juice, sugar and wine or sherry; allow the sugar to dissolve. Add the cream and whisk until a trail of cream is left across the surface when the whisk is drawn across. Pile into individual glasses. Chill for 2 hours before serving.

Burnt cream

Burnt cream is mentioned in most 17th and 18th-century cookbooks. Instead of browning it under the grill as we do today, cooks would have browned it by holding a heated

salamander over it. This was a block of metal with a long handle which was heated in the fire until red hot, and then held over the dish to be browned.

½ pint (300 ml.) rich milk

½ pint (300 ml.) double cream

½ teaspoon vanilla essence

4 eggs

2 oz. (50 g.) caster sugar

2 oz. (50 g.) demerara sugar

(Serves 4-6)

Pre-heat the oven to 140°C (275°F) – gas mark 1. Put the milk and cream in a pan, and heat very slowly until the first bubbles begin to appear. Immediately remove the pan from the heat. Heat together the eggs and caster sugar, add the hot milk and cream mixture and the vanilla essence, and mix well. Strain the mixture into an ovenproof dish. Place the dish in a bain marie, or a tin containing hot water, and bake in the centre of the oven for 1½ hours, or until the mixture is just

set. (It should be slightly wobbly when shaken; remember the mixture will continue to cook as it cools down.)

When cool, sprinkle over the demerara sugar and place under a hot grill until the sugar melts and turns golden-brown. Leave to cool before serving.

Potted meat, country style

In the days before refrigerators, potting was a good way of preserving fish, meat, game and poultry for a few days until it was needed. The flesh or meat to be potted was baked for several hours in red wine and various seasonings. It was then butter-sealed in the pot.

The following recipe is from Elizabeth Raffald's *The Experienced English Housekeeper*, published in 1769:

"Put ten pounds of beef into a deep dish, pour over it a pint of red wine, and let it lie in it for two days, then season it with mace, pepper and salt, and put it into a pot with the wine it

was steeped in, add to it a large glass more of wine, tie it down with paper, and bake it three hours in a quick oven; when you take it out beat it in a mortar or wooden bowl, clarify a pound of butter, and put it in as you see it requires it. Keep beating it till it is a fine paste, then put it into your pots, lay a paper over it, and set on a weight to press it down; the next day pour clarified butter over it, and keep it in a dry place for use."

Potted chicken livers

This modern recipe for potted chicken livers is on a more modest scale. It produces a rich, gamey, simply made dish suitable for serving as an hors-d'oeuvre or a light supper dish. The liver will keep for about two days in the refrigerator.

4 oz. (100 g.) chicken livers
3 oz. (75 g.) butter, softened
2-4 tablespoons brandy or sherry
Sea salt and freshly ground black

pepper to taste
Pinch of cayenne pepper
Pinch of powdered thyme
(Serves 3-4)

Remove any skin or tissue from the livers, and any yellow part where the bile has rested. Wash and dry the livers. Heat 1 oz. (25 g.) butter and gently cook the livers for about 5 minutes until tender. Avoid browning.

Remove livers and put them in a liquidiser or pound them in a mortar. Put the pounded liver, 1 oz. (25 g.) butter, brandy or sherry, seasoning, cayenne pepper and thyme into a bowl. Mash or pound together until well mixed.

Pack the mixture into small china, glass or earthenware pots. Melt the remaining butter and pour a little over the top of each pot to seal it.

Cover with foil or cling film, and refrigerate until required.

Serve the potted livers with fingers of wholemeal toast.

Mussel and onion stew

Shellfish were very popular during the 18th century. This is an updated version of a favourite recipe.

5 lb. (2.5 kg.) mussels
 2 oz. (50 g.) finely chopped onions
Bouquet garni
 $\frac{1}{2}$ pint (300 ml.) white wine
 2 pints (1 litre) fish stock
 1 oz. (25 g.) butter
 1 oz. (25 g.) flour
 $\frac{1}{4}$ pint (150 ml.) cream
 Salt and pepper
 Juice of $\frac{1}{2}$ lemon
 Cayenne pepper
 (Serves 4-6)

Thoroughly wash and scrape the mussels, and remove the beards; discard any mussels which have broken or open shells. Put the mussels in a pan with the onions, bouquet garni, wine and fish stock. Cover and cook quickly for about 5 minutes.

Remove the mussels, taking off half the shell. Place the mussels,

each in half a shell, in a serving dish and keep them warm.

Strain the cooking liquor and boil it to reduce it by half. Knead the butter and flour together to make *beurre manié*. Thicken the sauce with the *beurre manié* by dropping small pieces into the sauce and whisking briskly all the time so that the sauce thickens smoothly. Blend in the cream.

Adjust seasoning and add lemon juice and cayenne to taste. Pour the sauce over the mussels and serve immediately.

Venison pasty

In the 18th century the venison was baked with neck of mutton and red wine and, when tender, covered with puff pastry.

2 lb. (1 kg.) shoulder or breast of
 venison, diced
 2 oz. (50 g.) seasoned flour
 2 oz. (50 g.) butter
 Juice of 1 lemon
Bouquet garni

Salt and pepper

Venison stock (or use stock cube and water)

Red wine

8 oz. (225 g.) puff pastry or flaky
 pastry, frozen

1 egg, beaten with $\frac{1}{2}$ teaspoon salt
 (Serves 4-6)

Toss the meat in seasoned flour. Melt the butter in a pan and fry the meat on both sides until brown. Add the lemon juice, bouquet garni and seasoning, and enough stock and red wine to cover the meat. Bring to the boil, then simmer gently for $1\frac{1}{2}$ -2 hours or until the meat is tender. Place in a $2\frac{1}{2}$ -3 pint (1.25-1.5 litre) pie dish. Roll out the puff pastry and cover the pie dish. Brush the pastry with the beaten egg. Bake in the oven, pre-set at 200°C (400°F) - gas mark 6 - for 30-40 minutes or until the pastry is nicely browned and well risen.



VICTORIAN AND EDWARDIAN EXTRAVAGANZA (1837-1910)

THE VICTORIAN AGE, with its poverty for the masses and its prospects of sudden wealth for the successful, was a time of gluttony for many a self-made man. Corpulence became an outward sign of moving up the financial and social ladder.

The Continentals were scathing about British food, considering it unappetising because it was without sauces. Among the aristocrats, however, French cuisine was fashionable and the wealthy vied with each other to employ the finest chefs from that country.

The fashion started well before Victoria came to the throne. One of the first great chefs to cross the Channel was Antonin Carême, revered throughout France as "the cook of Kings and King of cooks", who spent two years as chef to the Prince Regent. Charles Elmé Francatelli, an Italian who studied under Carême, became maître d'hôtel and chief cook to Queen Victoria. And the renowned Alexis Benoit Soyser worked for the Duke of

Cambridge, the Duke of Sutherland and the Marquis of Waterford before becoming chef de cuisine at the Reform Club.

The middle classes were deluged with advice from books and magazines. Mrs Beeton was only the spearhead of a small army of domestic economists.

A major step forward came with the cooking range, which had an oven and hot-plate heated by a fire. It was now possible to bake, braise, roast, stew, grill and boil on one piece of equipment.

In the 1830s the first gas cooker appeared, and by 1841 Alexis Soyser had introduced gas cooking appliances into the kitchens of the Reform Club.

The hearty Victorian breakfast

Breakfast was a hearty affair. In well-to-do households, the meal consisted of a choice between many hot dishes, such as porridge, succulent Loch Fyne herrings rolled in oatmeal and fried or grilled, golden

Finnan haddock crowned with poached eggs, fresh trout, spicy devilled kidneys, bacon and eggs, ham, tongue, cold fowl or game, toast and marmalade, washed down with tea, coffee or chocolate. Charles Francatelli wrote a cookery book which contained breakfast recipes for fried oysters; Rice à la Soeur Nightingale (which was a kedgeree made with dried haddock); Marrow Toast à la Victoria; and Grilled Kipper Salmon.

On winter mornings there would be hot muffins, bought from travelling muffin men and kept warm on a trivet before the fire.

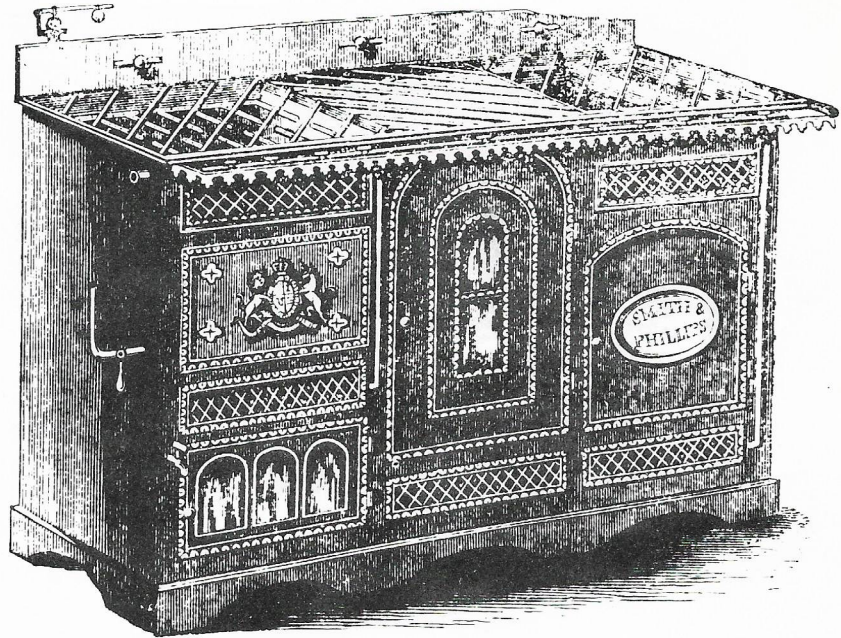
A new way of laying the table for dinner, known as *à la russe*, had been introduced to Paris by the Russian ambassador in 1810. The table was laid as it is today with complete place-settings, and dishes were removed at the end of each course, leaving the place-settings of china, silver and glass, candlesticks and flowers. Previously, when there were three or more courses per meal, each

containing perhaps some 25 dishes, the settings for each course were laid separately. This fashion was called *à la française*.

One early 19th-century dinner party *à la française* had the following menu.

First course: transparent soup, pigeons comport, harrico, fricased chickens, lambs ears forced (stuffed), pork griskins, cods rounds like little turkey, French pyc, kidney beans, brocoli, boiled turkey, mock turtle, small ham, sheeps rumps and kidneys in rice, bottled peas, salad, sweetbreads *à la royal*, larded oysters, house lamb, ox pallets, florendine of rabbits, beef olives, ducks *à la mode*, hare soup; there were also two removes of fish and haunch of venison.

Second course: pheasant, snow balls, crawfish in savoury jelly, moonshine, pickled smelts, mince pies, marbled veal, stewed cardoons, pompadere cream, roast woodcock,



With a delight in long, classical-sounding words typical of the 19th century, the makers called this gas cooker Soyer's Phidomageirion. They claimed that it contained "the necessary arrangements to cook for 60-80 persons at incredibly low cost".



Though now taken for granted, the complete place-settings of service à la russe represented something of a dining revolution. Formerly, each course was laid separately.

pea chick with asparagus, maccaron, stew'd mushroom, pistachu cream, collar'd pig, potted lamprey, floating island, crocrant with hot pippins,

rocky island, snipes in savoury jelly, burnt cream, roasted hare.

The compiler of this menu told her readers that she had not included

a third course or cold collation as that was considered extravagant, but that they must include a dessert of sweetmeats which must be 25 in number, as the bill of fare was 25 in the other two courses.

Mrs Beeton, in her early editions, was doubtful about the practicality of service *à la russe*, as it meant carving in the kitchen; consequently much of the pomp of serving extravagantly garnished and decorated dishes would be lost. Mrs Beeton was also concerned that some households would be embarrassed by not having enough cutlery and crockery. Most cookery writers sat on the fence by giving menus for both methods of service. However, by the end of the 19th century *à la russe* had won the day.

This is why, today, all the cutlery and crockery are laid on the table before the start of a meal, instead of being laid afresh for each course.

There were two types of tea-time meals: high tea which contained substantial dishes and was the main

evening meal for many working people; and afternoon tea which was a more special event.

Afternoon tea for ladies might be a cosy, gossipy, feminine affair when cups of delicate China or Indian tea were sipped, and wafer-thin bread and butter eaten. When gentlemen were present it might include a variety of savoury sandwiches and pound-cake which contained one pound each of butter, sugar, flour, eight eggs, and a wineglass of brandy, sharpened with the zest of orange or lemon. A richer mixture might include plums, currants, almonds, pistachio kernels, candied peel, or dried cherries.

As more women took work in offices, "tea shops" were introduced. The first were the ABC (Acrated Bread Company) shops which opened around 1880, to be followed by those run by the Express Dairy Company, and Lyons.

It became fashionable to have a drink before dinner to whet the appetite and stimulate the gastric

juices to cope with all the rich food to come. In the north this was known as a whet-cup and in the sophisticated south it was called a *soupe d'avant*,

and was usually brandy or rum. Francatelli told his readers: "Genuine Old Madeira or East Indian Sherry or Amontillado proves a

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Shades of a vanished age are encapsulated in this 1896 advertisement. Victoria still ruled, tea was shipped by sail, and white planters marshalled load-bearing natives.

welcome stomachic after soup of any kind, not excepting turtle, after eating which, as you value your health, avoid all kinds of punch – especially Roman

punch”. This was a sound prohibition, for his recipe for Iced Roman Punch included a pint of syrup, a pint of pineapple juice, half a

pint of green tea, orange zest, cinnamon and a bottle of champagne and, just before serving, half a pint of old white Jamaica rum.

A favourite dish at a wedding breakfast was wild boar's head. The ears were removed and the head boned and pickled. Force meat of rabbits, truffles, tongues and fat bacon were laid “on the head”. It was all wrapped up in a cloth and boiled for five hours on a mirepoix with the addition of a bottle of Madeira. When cooked, soot and lard were mixed together and rubbed all over to produce a shiny black surface.

The eyes, tusks and snout were shaped and filled with lard, and the whole was decorated with flowers made of fat or natural flowers. For a smart wedding, crests, monograms or coats of arms would be applied.

A remarkable feature of those opulent times was that famous chefs made use of every part of the beast. Nothing was wasted. Recipes included such dishes as marinated lambs' feet with tomato sauce; stuffed



This Victorian gathering looks homely enough, but picnics were often elaborate. Mrs Beeton suggested a champagne opener and a chafing dish as necessary equipment.

calves' ears, calf's head with Venetian sauce; tendons of veal and spinach (tendons were the gristly portion of the breastbone which had not yet become hardened into bone).

Days of plenty and pleasure

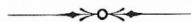
When the pleasure-loving Edward VII came to the throne, in 1901, Britain threw off many of the restraints of the Victorian Age, and Britons, rulers of the biggest empire the world had ever known, settled down to enjoy themselves. Picnics, bicycling parties, shooting, fishing and hunting, race meetings and Henley Royal Regatta were some of the ways in which the rich Edwardians filled their days. Food had to be created which could be packed into hampers and eaten in the open air. Mutton Pies à la Windsor were favourite dishes at picnics, or race-courses, as well as welcome additions to the sportsman's basket of "prog" (Edwardian slang for food).

Mutton Pies à la Windsor were merely mutton with the addition of

mushrooms, parsley, shallots and a little gravy, baked in small pastry cases. Richmond eel pie was a favourite for Henley. It consisted of two good-sized Thames eels stewed in mushrooms, parsley, shallots and two glasses of sherry and one of Harvey sauce, spiked with lemon juice. When cooked, these ingredients were poured into a pie dish, topped with slices of hardboiled eggs and covered with puff pastry.

The elegant man-about-town enjoyed music-hall entertainment and eating out, with a chorus girl on his arm if he was lucky. As a result there was a growth of high-class restaurants in the cities, especially London. But if people were living well at the heart of the Empire, so were they in its outposts. Atlases of the time proudly showed a quarter of the globe coloured red, and in these far-flung lands people of British and other European stock adapted traditional recipes to the local climate and produce. Some of those recipes are included in the following pages.

VICTORIAN AND EDWARDIAN RECIPES



In general, Victorian and Edwardian food was as rich and heavy as the ornate furnishings of the day. But not all recipes began "take two dozen eggs. . ." Those that follow show that in the days before the First World War food could often be light and agreeable.

Rum sorbet

In the last century it was usual to serve a sorbet between courses to cleanse the palate. This recipe would make a delicious sweet.

8 oz. (225 g.) sugar
 1 pint (600 ml.) water
Peeled rind and juice of $\frac{1}{2}$ lemon
Juice of 1 lemon, strained
Juice of 1 orange, strained
 1 glass of rum
 1 oz. (25 g.) crystallised fruits of
 choice, chopped
 (Serves 4-6)

Put the sugar, water, lemon rind and juice of $\frac{1}{2}$ lemon into a pan, heat gently to allow sugar to dissolve, then bring to the boil. Boil briskly for about 10 minutes, until the liquid has reduced by half. Once it boils do not stir, or it will granulate. Strain the syrup through a muslin and leave until cold.

Measure $\frac{1}{2}$ pint (300 ml.) of the syrup, and add the strained fruit juices, rum and crystallised fruits. Pour the mixture into a shallow plastic container. Cover with the lid and then freeze the sorbet for about 30 minutes or until barely firm. Turn it into a bowl and mash it until there are no large pieces of frozen mixture. Keep it in the freezer compartment until it is required.

When serving, scoop out spoonfuls into glass dishes.

Stewed eels

The Victorians, with their liking for rich food, were very partial to eels, particularly Thames eels.

3 lb. (1.5 kg.) eels, skinned and cut up
Seasoned flour
4 tablespoons oil
6 oz. (175 g.) onion, skinned and chopped
20 small button mushrooms, washed
1 pint (600 ml.) red wine
Salt and pepper
1 level tablespoon flour
1 tablespoon softened butter
Lemon wedges for garnish
(Serves 6-8)

Toss the eel in flour seasoned with salt and pepper. Heat the oil in a stew pan and brown the eel slices. Remove the eel from the pan and lightly sauté the onion until soft. Return the eel slices to the pan, add mushrooms, wine and seasoning: simmer for 30 minutes, or until tender. Knead the butter and flour together to make *beurre manié*. Thicken the eel sauce with the *beurre manié* by adding small lumps to the stew gradually, stirring all the time so that the sauce thickens

smoothly. Check the seasoning. Serve hot, garnished with lemon wedges.

TO MAKE EEL PIE, beloved by the Victorians, cook the eels as above, put in a pie dish and cover with a rough puff pastry. Bake at 200°C (400°F) – gas mark 6 – for 30–40 minutes.

Salmi of partridge

2 partridges, roasted
2 oz. (50 g.) butter
2 oz. (50 g.) button mushrooms, washed
1 carrot, scraped and sliced
1 small onion, skinned and finely sliced
Bay leaf
Blade of mace
1 level tablespoon chopped parsley
Pinch of thyme
4 oz. (100 g.) lean ham, cubed
1 oz. (25 g.) flour
1 pint (600 ml.) stock, or stock cube and water
 $\frac{1}{4}$ pint (150 ml.) sherry

*Small cubes of fried bread for garnish
(Serves 4)*

Divide the partridges into neat joints, and skin. Heat the butter in a large pan and add the mushrooms, carrot, onion, bay leaf, mace, parsley, thyme and ham. Gently fry until the ham just begins to brown, then sprinkle in the flour. Stir in the stock and sherry, and simmer the mixture until the liquid is reduced by half. Add the partridge pieces. Serve hot, with fried croûtons.

Bobotie

This South African dish is basically a savoury mince, cooked in a custard – presumably to tenderise tough old meat.

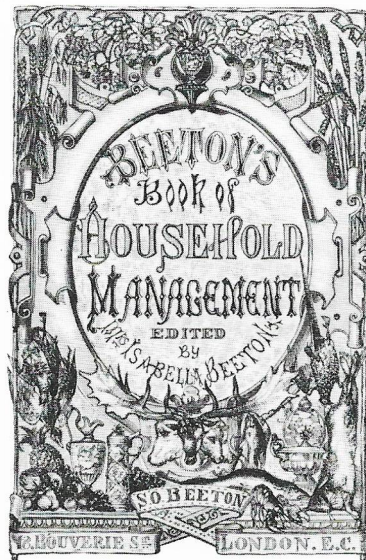
*2 oz. (50 g.) butter
1 large onion, skinned and finely
chopped
1 thick slice of bread
½ pint (300 ml.) milk
2 lb. (1 kg.) mutton, minced
2 level tablespoons curry powder*

*1 level tablespoon sugar or apricot jam
12 blanched almonds, chopped
3 level tablespoons lemon juice or
vinegar
1 level teaspoon salt
½ level teaspoon pepper
2 oz. (50 g.) sultanas or currants
1 cooking apple, peeled and coarsely
grated or 8 dried apricots, soaked
and chopped
2 eggs, beaten
4-6 lemon leaves or bay leaves
(Serves 6-8)*

Pre-heat oven to 180°C (350°F) – gas mark 4. Melt the butter in a pan and brown the onion. Soak the bread in ¼ pint (150 ml.) milk, and mash with a fork. Mix the meat with the soaked mashed bread and all the other ingredients, except the eggs, the remaining ¼ pint (150 ml.) milk, and the lemon leaves or bay leaves. Mix well with a fork. Turn the mixture into a deep, greased casserole or pie dish, without pressing down.

Push in a lemon leaf or bay leaf

here and there. Beat the eggs with the rest of the milk, season with salt and pepper, and pour over the meat mixture.



Though famed as a cook, Mrs Beeton covered all household management.

Cover and bake on a low shelf for 1 hour. Remove the lid and allow the top to brown.

Serve with boiled rice and a green salad.

South African chicken pie

8 portions of chicken

2 level tablespoons seasoned flour

2 oz. (50 g.) butter

3 level tablespoons sage

4 cloves

5 whole allspice

4 peppercorns

1 mace leaf

4 oz. (100 g.) ham, cubed

2 hardboiled eggs, sliced

1 egg yolk, beaten

2 tablespoons lemon juice

About 8 oz. (225 g.) puff pastry

(Serves 8)

Roll the chicken pieces in the seasoned flour. Melt the butter in a heavy saucepan, and brown the chicken pieces. Add the sage, and the four spices in a muslin bag, and cover with water. Simmer gently

until the chicken is very tender.

Remove the bag of spices. Take out the chicken. Remove the bones and mix the chicken meat with the ham and hardboiled eggs.

Place a pie funnel in the centre of the pie dish and spoon in the chicken mixture.

Heat the cooking liquid and thicken it with the beaten egg yolk, taking care it does not curdle. Add the lemon juice, check seasoning, and pour over enough gravy to cover the meat. Cover with the rolled-out pastry. Cut slits in the pie crust to allow steam to escape. Bake in a very hot oven at 230°C (450°F) – gas mark 8 – for 15–20 minutes to set the pastry; then reduce heat to 180°C (350°F) – gas mark 4 – and bake for a further 15 minutes, or until the pastry is cooked to a golden-brown colour.

Alice Springs lamb

This dish needs to be marinated overnight, so start preparing it the day before it is to be cooked.

2 lb. (1 kg.) lean shoulder of lamb

2 oz. (50 g.) butter

2 medium onions, skinned and chopped

1 clove garlic, skinned and crushed

1 pint (600 ml.) dried apricots,

cooked and puréed

Salt and pepper

2 level tablespoons curry powder

3 tablespoons malt vinegar

10 level tablespoons honey

4 tablespoons white wine

(Serves 4–6)

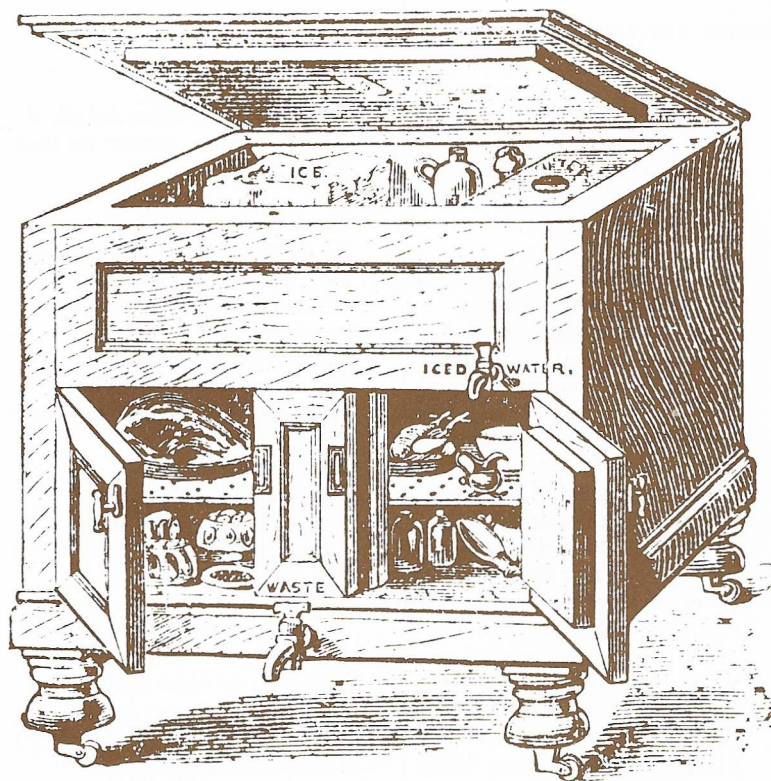
Cut the meat into 1 in. (25 mm.) cubes. Melt the butter in a heavy pan, add the chopped onions and crushed garlic, and cook until soft and golden. Add the apricot purée, salt and pepper to taste, curry powder, vinegar and honey. Simmer for 10 minutes. Add wine, then pour the mixture over the meat in a bowl. Cover with a cloth and leave overnight in a cool place. Remove the meat from the sauce, and thread the cubes on skewers. Grill for 15 minutes at medium heat, turning frequently until the meat is

browned. Serve the meat on a bed of fluffy rice. Re-heat the sauce and pour it over the meat.

Pavlova cake

This speciality of Australia does not strictly belong to the colonial era. It was invented in 1935, by Mr Bert Sachse, chef of the Esplanade Hotel in Perth, and named in honour of one of the hotel's most distinguished guests, the Russian ballet dancer Anna Pavlova. It is not known whether she ever tasted Mr Sachse's creation. It is similar to a large meringue cake, but the centre is soft (due to the addition of vinegar) like marshmallow. The traditional cake is filled with fresh passion fruit, or a mixture of passion fruit and strawberries.

3 egg whites
6 oz. (175 g.) caster sugar
2 level teaspoons cornflour
 $\frac{1}{2}$ teaspoon vanilla essence
1 teaspoon vinegar
 $\frac{1}{2}$ pint (300 ml.) double cream



In addition to advertising this Duplex refrigerator, in 1874 the Wenham Lake Company offered to "forward ice into the country" in packages costing upwards of 2s. 6d.

8-12 oz. (225-350 g.) *fresh passion fruit, or passion fruit and strawberries, or canned passion fruit*

(Serves 8)

Pre-heat the oven to 120°C (250°F) or gas mark $\frac{1}{2}$. Use a knitting needle, or something similar, to make a crease-mark on non-stick paper or oiled greaseproof paper, marking out a 7 in. (180 mm.) circle, and place the paper on a baking sheet.

Beat the egg whites until very stiff, then beat in half the sugar. Mix the cornflour with the rest of the sugar and fold this gently into the egg mixture. Fold in the vanilla essence and vinegar.

Pile the meringue mixture on the round marked on the parchment paper, and spread evenly. Bake in the centre of the oven for about 1 hour, until slightly risen, lightly brown on top, and firm. Leave to cool, and remove the paper. Place the case on a flat plate, top side

down. Whip the cream and pile it over the Pavlova. Arrange the fruit on top.

Royal plum pudding

No matter that the sun is blazing down outside: Christmas is Christmas, to be celebrated by people of British stock in the traditional British way. An Australian plum pudding is even more solid than the British version.

4 oz. (100 g.) *plain flour*

$\frac{1}{2}$ level teaspoon *mixed spice*

$\frac{1}{2}$ level teaspoon *ground nutmeg*

Good pinch of salt

5 oz. (150 g.) *butter*

12 oz. (350 g.) *seedless raisins*

4 oz. (100 g.) *sultanas, washed and dried*

4 oz. (100 g.) *mixed peel*

2 oz. (50 g.) *blanched almonds, chopped*

4 oz. (100 g.) *sugar*

4 oz. (100 g.) *fresh white breadcrumbs*

3 eggs, *beaten*

$\frac{1}{4}$ pint (150 ml.) *milk*
2 tablespoons *brandy or sherry*
(Serves 6-8)

Dust a pudding cloth with flour. Sieve the flour, spices and salt into a bowl and rub in the butter. Add the fruit, peel, nuts, sugar and breadcrumbs, and mix well. Add the beaten eggs, milk and brandy. (The mixture will be soft.) Put the mixture in the cloth, bring up the ends to form a bag and tie firmly with string to give a good round shape. Boil for 4 hours, keeping the water simmering gently and replenishing with boiling water during the cooking time, when necessary. When the pudding is cooked, remove the cloth and replace it with a clean dry cloth. Store in a cool dry place.

Boil it for a further hour on the day it is to be eaten. Turn the pudding out of the cloth. Sprinkle with caster sugar and decorate with a sprig of holly. Serve with brandy butter.

DIGGING FOR VICTORY . . . AND BEYOND (1939-1950s)

THE SECOND WORLD WAR had a far-reaching impact on the nation's food and eating habits. Because Britain's vital trade routes were threatened by enemy submarine attacks, there was a rapid reduction in imports, particularly of foodstuffs. Food rationing was introduced in January 1940, just four months after the declaration of war, and ration books were issued to the civilian population.

The allowance was liable to fluctuate, but the weekly ration allowance for each adult, by the summer of 1941, was approximately:

4 oz. bacon or ham

8 oz. sugar

2 oz. tea

8 oz. fats (including butter, margarine and cooking fat; but not more than 2 oz. butter)

2 oz. cheese

1 shilling's worth of meat

There were also categories of "special rations". For instance, from 1943 expectant mothers received one half-ration extra in addition to the

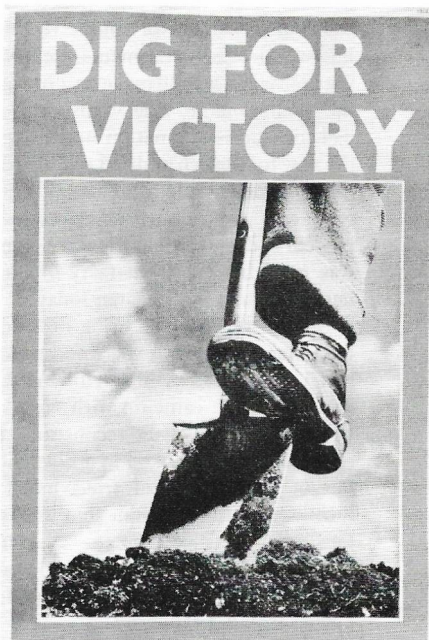
ordinary ration. From 1940 children under five were permitted only half of an adult's ration, and from 1942 there was no tea allowance for children in this age group. But they had supplements of cod-liver oil and orange juice, as well as extra milk. There were sugar bonuses during the jam-making season, and treats at Christmas.

Tinned goods, jam and sweets were rationed on a "points" system, with each individual being allocated a certain number of points to spend as he or she pleased. The ration worked out at 8 oz. of sweets a week.

Fresh eggs were particularly rare – the allowance for civilians was about one fresh egg a fortnight.

Some of the hardest times came after the war, when disastrous harvests led to a shortage of cereal crops. This in turn led to a severe shortage of meat, and caused bread to be rationed for the first time. Potatoes, too, were rationed when bad weather caused a low crop yield.

During the years of rationing, the



Many a prized lawn was turned over to vegetable-growing in response to this famous wartime poster.

Ministry of Food produced a continuous barrage of simple recipe leaflets and advertisements, telling the housewife how to make best use of the food available. The Ministry also had to educate the nation into using the new foods such as dried egg, dried milk powder, whale meat, snoek, salt cod, and soya flour which added protein and bulked-out dishes. Spam was probably the most tasty of the new foods and is still eaten today.

Special recipes had to be devised for using dried egg. It was impossible to fry it, but the Ministry of Food, never daunted, came up with "mock fried egg" in which the reconstituted egg powder was cooked in a hole cut out of the middle of fried bread. Exotic-sounding "Chou tan" was merely a dried egg fritter incorporating meat scraps, grated raw carrot, chopped raw celery and onion, served with brown gravy.

Salt cod, costing 10d. (4½p) per lb. was not popular and was viewed with suspicion. The leaflet publicising it stated: "Don't go at it slap-dash.

Give it a little time and attention, try new dishes with it and you will find the fish very good to eat as well as cheap and a change." For the adventurous and those who were not "slap-dash" there was the reward of "Salt Cod Lyonnaise".

One leaflet gave a recipe for corned-beef biscuits and it was suggested that they should be served hot with vegetables, cold with salad, or in sandwiches with mustard, pickles or chutney.

Breakfast dishes

Ministry of Food leaflet No 33, *Suggestions for Breakfast*, included such delicacies as "Semolina Porridge", and "Wheatmealies" – bread cut into small dice, baked in the oven until crisp and served with milk and sugar or stewed fruit. Another dish on the same leaflet was "Cheese and Vegetable Cutlets", a mixture of cheese, potato, peas, carrots and onion. There were also more traditional dishes of fried herring or poached kipper.

Great stress was put on increasing the consumption of potatoes, root vegetables, oatmeal and barley, which were all used in main courses to replace meat and fish. The protein in these vegetable-based dishes was usually in a cheese sauce. Carrots and swedes were used in cakes and puddings to provide sweetening.

Allotments flourished and lawns front and back were turned over to potatoes as people "dug for victory". During the spring and autumn children collected the fruits of the hedgerows, particularly hips and haws which, when turned into rose-hip syrup, were rich in vitamin C. Recipes were published for blackberry leaf tea, potted elderberries, rowan preserve, elderberry vinegar and mushroom pickle.

People were urged to eat more vegetables and there were endless and ingenious permutations on the same theme, including raw vegetable sandwiches. One suggestion was given the enticing title of "Adam and Eve Sandwiches", but these were

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Six years of war brought 15 years of rationing. Even in 1953, at the time of our present queen's coronation, ration books still had another year to go.

THE WAR YEARS AND AUSTERITY

nothing more romantic than sliced bread with sliced apple and jam, sprinkled with sugar and cut into fingers.

The bread was the National Loaf which was 85 % extraction flour and introduced in 1942 to improve the nutritional value of bread. It was a creamy-brown in colour and flavoursome.

To help to eke out the rations and to feed people doing war work, particularly in the towns and cities, the British Restaurants were introduced.

They provided good, nourishing and cheap meals, even if the menus tended to be somewhat predictable and stodgy.

Privately owned restaurants were limited to supplying a meal for 5s. maximum. A restaurant meal consisted of a hors-d'oeuvre, usually of vegetables, a simple main course of meat or fish; and a pudding.

Rationing in some form lasted for about 15 years. It is said that the British people as a whole were never

fitter nor better fed, for the diet, if sparse, was well balanced.

WARTIME RECIPES

During the war years, the Ministry of Food put out a torrent of leaflets aimed at helping people to make their rations go further and taste better. For those who would like to recapture the authentic taste of those days, here are some recipes from those leaflets.

"Boiled" fruit cake

This was a popular cake, as it was exceptionally economical and kept well without drying out.

½ pint water, or preferably cold tea
3 oz. fat, margarine or lard
3 oz. sugar
3 oz. dried fruit
10 oz. plain flour
3 level teaspoons baking powder
Pinch of salt
1 teaspoon mixed spice

1 teaspoon bicarbonate of soda

Put the water or tea, fat, sugar and fruit in a pan and boil together for 2-3 minutes. Allow to cool slightly. Meanwhile, sieve together the dried ingredients. Add the liquid to the dry ingredients and beat well. Pour into a greased and floured 8 in. cake tin. Bake in the centre of the oven at 200°C (400°F, gas mark 6) for 45 minutes, then lower the heat to 190°C (375°F, gas mark 5) for a further 45 minutes.

Mock suet pudding

As the title indicates, no suet or other fat is used. Instead, soya flour is added. This increases the protein content of the dish.

8 oz. plain flour and 4 teaspoons
baking powder, or
8 oz. self-raising flour
½ tablespoon soya flour
½ teaspoon salt
¼ pint of milk and water to mix
4 tablespoons jam or syrup

Mix all the dry ingredients together and add enough liquid to make the mixture drop easily from the back of a spoon. Grease a 1½ pint basin and place the jam or syrup at the bottom. Drop the pudding mixture on top, cover with a greased paper and steam for 1-1½ hours.

Serve with jam, syrup, sauce or custard.

Fish envelope

2 level tablespoons flour
1 level teaspoon paprika pepper
Salt and pepper to taste
½ pint of vegetable stock
1 tablespoon vinegar
½ oz. margarine
¾ lb. cooked flaked fish

FOR THE PASTRY:

1 oz. cooking fat
5 oz. plain flour and 2½ level
teaspoons baking powder, or
5 oz. self-raising flour
½ level teaspoon salt
4 tablespoons water

Blend the flour and seasonings with the vegetable stock and bring to the boil, stirring all the time. Boil gently for 5 minutes, then stir in the vinegar, margarine and fish; allow to cool.

To make the pastry, rub the fat into the flour, baking powder if used, and salt; mix to a soft dough with the water and roll out to a 10 in. square. Place the filling in the centre of the pastry and fold the corners of the pastry to form an envelope. Bake in a moderate oven for 20–30 minutes and serve hot.

Note that only 1½ oz. fat is used for the whole dish, whereas today we would use at least 4 oz. The sauce is made by the slurry method of blending the flour and liquid together and boiling. The pastry relies on baking powder to give it a crisp texture.

Lord Woolton pie

(Lord Woolton was Minister of Food in the wartime Cabinet from 1940–3)

The ingredients of this pie can be varied according to the vegetables in season. Potatoes, swedes, cauliflower and carrots make a good mixture.

Take 1 lb. of vegetables, diced, three or four spring onions, if possible, 1 teaspoon of vegetable extract and 1 tablespoon of oatmeal.

Cook together for 10 minutes with just enough water to cover. Stir occasionally to prevent the mixture from sticking. Allow the mixture to cool, put it into a pie-dish, sprinkle with chopped parsley and cover with a crust of potato or wheatmeal pastry. Bake in a moderate oven until the pastry is nicely browned and serve hot with a brown gravy.

If you are short of fat, use this pie crust which is made without fat. Mix together:

8 oz. wheatmeal flour
1 level teaspoon baking powder
Pinch of salt
Pinch of powdered sage (optional)

Stir in nearly ¼ pint of cold milk, or milk and water. Roll out the mixture and use it as you would an ordinary crust, but serve the pie hot. It will be enough to serve 4 or 5 people.



Stodgy but nourishing – a typical British Restaurant menu. At 2½p in today's currency, a 6d portion of rabbit pie represented remarkable value for money.

FOR FURTHER READING

Food in Antiquity,

by Don and Patricia Brothwell (Thames and Hudson).

The Roman Cookery Book, a critical translation of

"The Art of Cooking by Apicius",

by Barbara Flower and Elisabeth Rosenbaum (George G. Harrap).

Food and Drink in Britain,

by C. Anne Wilson (Constable).

Cooking and Eating, a pictorial History with Recipes,

by Katie Stewart (Hart-Davis, MacGibbon).

Dinner is Served,

by Gerard Brett (Rupert Hart-Davis).

Consuming Passions – a history of English Food and Appetite,

by Philippa Pullar (Hamish Hamilton).

Food in England,

by Dorothy Hartley (Macdonald).

Food in History,

by Reay Tannahill (Eyre Methuen).

The Englishman's Food – Five Centuries of English Diet,

by J. C. Drummond and Anne Wilbraham (Jonathan Cape).

Kitchen and Table,

by Colin Clair (Abelard-Schumann).

Hearth & Home,

by Sheena Brooke (Mills & Boon).

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